

Quaver SEL™

Scope and Sequence Kindergarten





Quaver “SEL Plus” Competencies Highlight Important Topics not Addressed by CASEL

- Academic Achievements
- Bullying
- Personal Safety
- Honesty
- Anxiety
- Disappointment
- Moods
- Transition



Scope and Sequence



QuaverSEL Lessons are flexible to teacher and student needs. Lessons can be taught in any order over the course of a school year. Below, lessons are organized to cover grade-appropriate topics throughout the year. On the following pages, you'll find the same lessons organized by the target competency or sub-competency.

LESSON	KINDERGARTEN LESSON	COMPETENCY
1	I Am Happy	Self-Awareness / Identifying Emotions
2	Following Rules	Self-Management / Self-Discipline
3	Learning to Listen	Social Awareness / Respect for Others
4	Making Friends	Relationship Skills / Relationship Building
5	I Care	Responsible Decision-Making / Ethical Responsibility
6	I Am Confident	Self-Awareness / Self-Confidence
7	I Am Growing	Self-Management / Goal Setting
8	Please and Thank You	Social Awareness/ Respect For Others
9	Working Together	Relationship Skills / Teamwork
10	Finding My Way	Responsible Decision-Making / Solving Problems
11	Discovering My Strengths	Self-Awareness / Recognizing Strengths
12	Putting Things in Order	Self-Management / Organizational Skills
13	I Am Different From You	Social Awareness / Perspective-Taking
14	Sharing and Taking Turns	Relationship Skills / Social Engagement
15	What Is a Problem	Responsible Decision-Making / Identifying Problems
16	How I Feel	Self-Awareness / Accurate Self-Perception
17	I Feel Overwhelmed	Self-Management / Stress Management
18	We Are Different	Social Awareness / Appreciating Diversity
19	Talking to Each Other	Relationship Skills / Communication
20	What's Happening	Responsible Decision-Making / Analyzing Situations
21	I Can Do It	Self-Awareness / Self-Efficacy
22	Controlling Myself	Self-Management / Impulse Control
23	Understanding Others' Feelings	Social Awareness / Empathy
24	I Can Make It Better	Responsible Decision-Making / Evaluating
25	Why We Go to School	Self-Management / Self-Motivation
26	What Can I Remember?	Responsible Decision-Making / Reflecting
27	Be a STAR Student	SEL Plus – Academic Achievements
28	Using Kind Words	SEL Plus – Bullying
29	Safe and Unsafe Strangers	SEL Plus – Personal Safety
30	What Is Honesty?	SEL Plus – Honesty
31	Trying New Things	SEL Plus – Anxiety
32	Being Disappointed	SEL Plus – Disappointment
33	We Have Different Feelings	SEL Plus – Moods
34	K-2nd: Coping With Difficult Times	SEL Plus – Transition
35	K-2nd: What Is Grief?	SEL Plus – Grief



LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

Self-Awareness

<p>Lesson 1 I Am Happy</p>	<p>Sub-Competency: Identifying Emotions</p> <p>The purpose of this lesson is for students to identify and explore what makes them happy.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling today using facial expressions and body language. • Identify three things that make them happy. • Name something that makes another person happy.
<p>Lesson 6 I Am Confident</p>	<p>Sub-Competency: Self-Confidence</p> <p>The purpose of this lesson is for students to learn how to build confidence in themselves and in others.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling today using facial expressions and body language. • Define and explain confidence. • Name one thing they would like to do in life.
<p>Lesson 11 Discovering My Strengths</p>	<p>Sub-Competency: Recognizing Strengths</p> <p>The purpose of this lesson is for students to recognize a strength they have.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling. • Name and describe at least one thing they are good at. • Understand and be able to explain the meaning of the word strength as it relates to a talent or skill.
<p>Lesson 16 How I Feel</p>	<p>Sub-Competency: Accurate Self-Perception</p> <p>The purpose of this lesson is for students to identify words for various emotions and discover how to use them to describe how they are feeling.</p>	<ul style="list-style-type: none"> • Learn to name how they are feeling. • Identify situations or triggers that lead to certain feelings.
<p>Lesson 21 I Can Do It</p>	<p>Sub-Competency: Self-Efficacy</p> <p>The purpose of this lesson is to help students understand that what we think affects how we behave.</p>	<ul style="list-style-type: none"> • Identify two positive feelings. • Identify two positive thoughts. • Explain how positive thoughts and feelings can help one accomplish hard tasks.



Self-Management

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

<p>Lesson 2 Following Rules</p>	<p>Sub-Competency: Self-Discipline</p> <p>The purpose of this lesson is for students to understand what classroom rules are and why they are important.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling today. • Name two rules that are used at home or school. • Describe a rule that we need to obey each day.
<p>Lesson 7 I Am Growing</p>	<p>Sub-Competency: Goal Setting</p> <p>The purpose of this lesson is for students to understand what goal-setting is and how it helps us grow.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling today using facial expressions and body language. • Name a way that they can grow smarter. • Set an achievable goal for the year.
<p>Lesson 12 Putting Things in Order</p>	<p>Sub-Competency: Organizational Skills</p> <p>The purpose of this lesson is for students to learn how organizing helps us in many ways.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling. • Organize something in the classroom. • Name two reasons why organizing helps us in life.
<p>Lesson 17 I Feel Overwhelmed</p>	<p>Sub-Competency: Stress Management</p> <p>The purpose of this lesson is for students to learn ways of coping when they are feeling worried, overwhelmed or stressed.</p>	<ul style="list-style-type: none"> • Recognize that when there is a lot going on we may feel anxious • Discuss how to learn new things without being worried • Learn three self-talk phrases to reduce worry.
<p>Lesson 22 Controlling Myself</p>	<p>Sub-Competency: Impulse Control</p> <p>The purpose of this lesson is for students to understand that they have control over their bodies, and that there are acceptable and unacceptable actions for different situations.</p>	<ul style="list-style-type: none"> • Identify appropriate use of voice and body in various situations. • Demonstrate control of voice and body.
<p>Lesson 25 Why We Go to School</p>	<p>Sub-Competency: Self-Motivation</p> <p>The purpose of this lesson is for students to explore self-motivation and realize that going to school is important.</p>	<ul style="list-style-type: none"> • Identify the reasons why attending school daily is important. • Connect daily steps to achieving long-term goals. • Identify school as a place where students learn to work with others and make friends.



Social Awareness

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

<p>Lesson 3 Learning to Listen</p>	<p>Sub-Competency: Respect for Others</p> <p>The purpose of this lesson is for students to practice listening skills.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling today. • Describe two ways to show you are listening to somebody.
<p>Lesson 8 Please and Thank You</p>	<p>Sub-Competency: Respect For Others</p> <p>The purpose of this lesson is to help students build relationships by using “please” and “thank you.”</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling today using facial expressions and body language. • Explain what respecting others means. • Role play a conversation that involves good manners.
<p>Lesson 13 I Am Different From You</p>	<p>Sub-Competency: Perspective-Taking</p> <p>The purpose of this lesson is for students to understand that we all like different things.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling. • Express at least one preference during the class. • Name something they like that is different from someone else.
<p>Lesson 18 We Are Different</p>	<p>Sub-Competency: Appreciating Diversity</p> <p>The purpose of this lesson is for students to recognize differences between individuals and families that make us unique.</p>	<ul style="list-style-type: none"> • Recognize that they are different. • Understand each family has a different way of doing things. • Know that diversity is a strength.
<p>Lesson 23 Understanding Others’ Feelings</p>	<p>Sub-Competency: Empathy</p> <p>The purpose of this lesson is for students to realize that they may feel differently from their friends about the same situation, and that they can view situations from another perspective.</p>	<ul style="list-style-type: none"> • Understand what the phrase “walking in someone else’s shoes” means. • Identify another’s feelings when viewing various scenarios. • Act out how they would feel in various situations.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 4 Making Friends	Sub-Competency: Relationship Building The purpose of this lesson is to help students learn how to be a good friend.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today.• Name three traits of a good friend.
Lesson 9 Working Together	Sub-Competency: Teamwork The purpose of this lesson is for students to work as a team and to understand the importance of teamwork.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Describe different types of teams.• Explain the importance of teamwork.
Lesson 14 Sharing and Taking Turns	Sub-Competency: Social Engagement The purpose of this lesson is for students to recognize different ways in which they can share and take turns with others.	<ul style="list-style-type: none">• Link a body language pose with an emotion.• Discover how people feel when they share.• Problem-solve ways to share different items and activities.
Lesson 19 Talking to Each Other	Sub-Competency: Communication The purpose of this lesson is for students to learn the basic steps of having a simple conversation with others, using respectful listening skills.	<ul style="list-style-type: none">• Identify ways to help people who are sad or angry.• Learn simple principles of talking to each other.• Participate in a simple conversation using appropriate listening and speaking skills.



Responsible Decision-Making

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

<p>Lesson 5 I Care</p>	<p>Sub-Competency: Ethical Responsibility</p> <p>The purpose of this lesson is for students to understand how to care for others and why it is important.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling today using facial expressions and body language. • Discuss and name what others care about. • Name two ways we can show we care.
<p>Lesson 10 Finding My Way</p>	<p>Sub-Competency: Solving Problems</p> <p>The purpose of this lesson is for students to understand how to ask for help when they have a problem or how to help others with their problem.</p>	<ul style="list-style-type: none"> • Identify and name an emotion they are feeling today. • Name one way to help someone else. • Practice asking for help when they have a problem.
<p>Lesson 15 What Is a Problem</p>	<p>Sub-Competency: Identifying Problems</p> <p>The purpose of this lesson is to help students understand what makes a problem.</p>	<ul style="list-style-type: none"> • Identify and name an emotion that they are feeling. • Learn to recognize and name a problem. • Decide between a situation that is a problem and one that isn't.
<p>Lesson 20 What's Happening</p>	<p>Sub-Competency: Analyzing Situations</p> <p>The purpose of this lesson is to help students analyze situations and use critical thinking skills to work out how that situation occurred.</p>	<ul style="list-style-type: none"> • Describe the events leading to a problem. • Understand and analyze a simple situation. • Learn four ways to transition from sad to happy.
<p>Lesson 24 I Can Make It Better</p>	<p>Sub-Competency: Evaluating</p> <p>The purpose of this lesson is to teach students that there is room for improvement when completing a task or project.</p>	<ul style="list-style-type: none"> • Identify what makes something good. • Evaluate one way to make a class procedure better.
<p>Lesson 26 What Can I Remember?</p>	<p>Sub-Competency: Reflecting</p> <p>The purpose of this lesson is for students to learn how reflections and memory are connected.</p>	<ul style="list-style-type: none"> • Define memory and feeling. • Identify what you can remember and how you felt about it.



SEL Plus

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

<p>Lesson 27 Be a STAR Student</p>	<p>Sub-Competency: Academic Achievements</p> <p>The purpose of this lesson is for students to explore feelings experienced when goals are met and to develop strategies for setting them.</p>	<ul style="list-style-type: none"> • Explore the elements of STAR goals and learn how to set them. • Discuss specific ways to achieve STAR goals at home and at school.
<p>Lesson 28 Using Kind Words</p>	<p>Sub-Competency: Bullying</p> <p>The purpose of this lesson is for students to explore feelings that are experienced when others say kind and unkind words, and to practice using kind words.</p>	<ul style="list-style-type: none"> • Describe how they think others feel when people say kind or unkind words to them. • Explore steps to take when others say unkind words to them. • Practice saying kind words and phrases to peers.
<p>Lesson 29 Safe and Unsafe Strangers</p>	<p>Sub-Competency: Personal Safety</p> <p>The purpose of this lesson is for students to understand who strangers are, and to explore situations and strategies regarding strangers.</p>	<ul style="list-style-type: none"> • Define a stranger as anyone they do not know, and that they can be of any age and have any appearance. • Identify trusted adults they can go to if they are approached by a stranger. • Identify times when a stranger can be a safe person based on their role.
<p>Lesson 30 What Is Honesty?</p>	<p>Sub-Competency: Honesty</p> <p>The purpose of this lesson is for students to understand what honesty is and why it is important.</p>	<ul style="list-style-type: none"> • Define honesty. • Describe the benefits of honesty in their daily lives. • Identify emotions they experience when telling the truth.
<p>Lesson 31 Trying New Things</p>	<p>Sub-Competency: Feeling Anxious</p> <p>The purpose of this lesson is to encourage students to try new things, and explain why that is important.</p>	<ul style="list-style-type: none"> • Discover that trying new things will help you learn what you like and don't like. • Understand that trying new things help you build skills and character. • Practice how to overcome a fear.
<p>Lesson 32 Being Disappointed</p>	<p>Sub-Competency: Disappointment</p> <p>The purpose of this lesson is for students to learn strategies to deal with disappointment.</p>	<ul style="list-style-type: none"> • Understand that it is okay to feel more than one feeling at a time. • Follow the four steps to Paw-sitivity to work through disappointment.



SEL Plus

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

Lesson 33
We Have Different Feelings

Sub-Competency: Moods

The purpose of this lesson is for students to learn that it is okay for us to have different feelings about situations and experiences.

- Recognize that they may have different feelings about the same situations as someone else.
- Learn how to control their feelings when other people feel differently from them.

Lesson 34
K-2nd: Coping With Difficult Times

Sub-Competency: Transition

The purpose of this lesson is to help students transition back into school by building community in the classroom and increasing social interactions between children and adults.

- Identify how they are feeling about returning to school.
- Define community.
- Identify what it means to build trust.

Lesson 35
K-2nd: What Is Grief?

Sub-Competency: Grief

The purpose of this lesson is to define grief and create a safe and supportive space for students to explore ways to express feelings when grieving.

- Define grief.
- Identify 3 ways to express feelings when grieving.
- Categorize what is being grieved.





**Creating a Culture
of Caring**